

# HAVING A CONVERSATION ABOUT MENTAL HEALTH

## RESOURCES FOR FAMILIES AND COMMUNITY



SERVICES	PHONE	WEBSITE
Youth Focus	6266 4333	youthfocus.com.au
Headspace	9274 8860	headspace.com.au eheadspace.com.au
Lifeline WA [24 hrs]	13 11 14	lifeline.org.au
Kids Helpline [24 hrs]	1800 551 800	kidshelp.com.au
Suicide Call Back Service [24 hrs]	1300 659 467	suicidecallbackservices.org.au
Child & Adolescent Mental Health Service [CAMHS]	1800 048 636	pmh.health.wa.gov.au/general/CAMHS/community.htm
Mental Health Emergency Response Line [24 hrs]	1300 555 788 Metro 1800 676 822 Peel 1800 720 101 TTY	nmahsmh.health.wa.gov.au

### ONLINE RESOURCES

Black Dog Institute	blackdoginstitute.org.au
Bite Back	biteback.org.au
Reach Out	au.reachout.com
Beyond Blue	beyondblue.com.au

### AWESOME APPS

Download these Apps for free in iTunes or Google Play



Smiling Mind



Mindshift



Reachout Worry Time



What's Up?



The Check-in

### COPING STRATEGIES & CONVERSATION STARTERS...

